

Black-Eyed Peas and Greens

NUTRIENT ANALYSIS

Calories	95
Protein	7 g
Carbohydrate	14 g
Total Fat	3 g
Saturated Fat	.5 g
Cholesterol	10 mg
Fiber	4 g
Sugars	0 g
Sodium	938 mg

Each serving counts as 1 starchy carbohydrate and 1 nonstarchy vegetable.

Although I feel that luck comes only to those who have planned carefully for it, many people eat for luck, particularly at the beginning of each new year as a part of a New Year's Day tradition. A very popular dish is Hoppin' John, a Southern dish traditionally made with black-eyed peas and bacon. This version scales down the fat and pumps up the nutrition by including turkey bacon and Swiss chard. Who knows? Perhaps this lucky dish will bring you good fortune on your journey toward weight loss!

4 servings

- 4 strips turkey bacon, roughly chopped
- 3 garlic cloves, minced
- 1½ cups canned black-eyed peas, drained and rinsed
- 1 pound Swiss chard, stemmed, leaves washed but not dried and roughly chopped (4 cups packed greens)
- ⅓ cup no-salt, fat-free vegetable broth
- ½ teaspoon salt
- 2 to 3 dashes Tabasco sauce, optional

1. Heat a large saucepan over medium heat. Add the bacon and cook, stirring often, until browned, about 2 minutes. Add the garlic and cook until fragrant, about 20 seconds. Stir in the black-eyed peas and cook 30 seconds, stirring constantly.
2. Lay the chard on top of the beans and pour in the broth. Cover the pan, reduce heat to low, and simmer until the chard is wilted, about 3 minutes. Stir in the salt and Tabasco, if using, mixing the wilted greens into the black-eyed peas. Serve at once.